### McCoy Natatorium Indoor Pool Schedule

<table>
<thead>
<tr>
<th>Mon - 22nd</th>
<th>Tues - 23rd</th>
<th>Wed - 24th</th>
<th>Thurs - 25th</th>
<th>Fri - 26th</th>
<th>Sat - 27th</th>
<th>Sun - 28th</th>
</tr>
</thead>
</table>
| **Members Swim**  
8:00am-12:00pm 
(6 lanes = I)  
Aqua Power  
12:00pm-1:00pm  
(Members Swim 4 lanes during Aqua Power = I)  
**Members Swim**  
1:00pm-2:00pm  
(6 lanes = I)  
**Members Swim**  
6:00pm-8:00pm  
(6 lanes = I)  
**Fitness Swim**  
6:15pm-7:30pm  
(4 lanes = C) | **Members Swim**  
8:00am-9:00am  
(6 lanes = I)  
10:30am-12:00pm  
(6 lanes = I)  
**Aqua Move**  
12:00pm-1:00pm  
(Members Swim 4 lanes during Aqua Move = I)  
**Members Swim**  
1:00pm-2:00pm  
(6 lanes = I)  
**Members Swim**  
6:00pm-8:00pm  
(6 lanes = I)  
**Fitness Swim**  
6:15pm-7:30pm  
(4 lanes = C) | **Members Swim**  
8:00am-12:00pm  
(6 lanes = I)  
**Aqua Power**  
12:00pm-1:00pm  
(Members Swim 4 lanes during Aqua Power = I)  
**Members Swim**  
1:00pm-2:00pm  
(6 lanes = I)  
**Members Swim**  
6:00pm-8:00pm  
(5 lanes = I)  
(5 lanes = C)  
**Aqua Move**  
12:00pm-1:00pm  
(Members Swim 4 lanes during Aqua Move = I)  
**Members Swim**  
1:00pm-2:00pm  
(6 lanes = I)  
(6 lanes = C)  | **Members Swim**  
8:00am-2:00pm  
(6 lanes = I)  
10:30am-12:00pm  
(2 lanes = I)  
**Fitness Swim**  
8:15am-9:30am  
(4 lanes = C)  
(6 lanes = I)  | **Members Swim**  
11:00am-2:00pm  
(6 lanes = I)  
**Fitness Swim**  
3:30pm-4:45pm  
(6 lanes = C)  | **Members Swim**  
11:00am-2:00pm  
(6 lanes = I)  
(6 lanes = C)  
(Dive well)  
**Trans Positive Swim Night**  
6:00pm-8:00pm  
(6 lanes = I)  
(Dive well)  | **Fitness Swim**  
3:30pm-4:45pm  
(6 lanes = C)  |

Note: The schedule is subject to change. Please follow lap swim etiquette at all times.
- During busy times, swimmers must share lanes.
- Stop and notify swimmers in the lane prior to entering the lane.
- Circle swim counter clock-wise or if there are two swimmers; each take a side of the lane.

### White Building Pool Schedule

Note: White Building Spa is open during Members Swim hours

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</thead>
</table>
| **Members Swim**  
6:00am-10:00pm  
(5 lanes)  
BOGA class  
7:15pm-8:00pm  
Members Swim  
(1 lane)  
**Members Swim**  
8:00pm-10:00pm  
(5 lanes)  | **Members Swim**  
6:00am-7:15pm  
(5 lanes)  
BOGA class  
7:15pm-8:00pm  
Members Swim  
(1 lane)  | **Members Swim**  
6:00am-7:15pm  
(5 lanes)  
BOGA class  
7:15pm-8:00pm  
Members Swim  
(1 lane)  | **Members Swim**  
6:00am-10:00pm  
(5 lanes)  
**Members Swim**  
6:00am-8:30pm  
(5 lanes)  
**Members Swim**  
6:00am-12:00pm  
(5 lanes)  
(5 lanes = C)  | **Members Swim**  
6:00am-12:00pm  
(5 lanes)  
(5 lanes = C)  
(6 lanes = C)  | **Members Swim**  
6:00am-12:00pm  
(5 lanes)  
(5 lanes = C)  
(6 lanes = C)  |

### McCoy Natatorium Outdoor Pool Schedule

<table>
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<tr>
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</table>
| **Members Swim**  
8:00am-2:00pm  
(6 lanes = I)  
(5 lanes = C)  
(Dive well open)  
2:00pm-5:00pm  
(6 lanes = I)  | **Members Swim**  
8:00am-2:00pm  
(6 lanes = I)  
(5 lanes = C)  
(Dive well open)  
2:00pm-5:00pm  
(6 lanes = I)  | **Members Swim**  
8:00am-2:00pm  
(6 lanes = I)  
(5 lanes = C)  
(Dive well open)  
2:00pm-5:00pm  
(6 lanes = I)  | **Members Swim**  
8:00am-2:00pm  
(6 lanes = I)  
(5 lanes = C)  
(Dive well open)  
2:00pm-5:00pm  
(6 lanes = I)  | **Members Swim**  
8:00am-2:00pm  
(6 lanes = I)  
(5 lanes = C)  
(Dive well open)  
2:00pm-5:00pm  
(6 lanes = I)  | **Members Swim**  
8:00am-2:00pm  
(6 lanes = I)  
(5 lanes = C)  
(Dive well open)  
2:00pm-5:00pm  
(6 lanes = I)  |

Note: The schedule is subject to change. Please follow lap swim etiquette at all times.
- During busy times, swimmers must share lanes.
- Stop and notify swimmers in the lane prior to entering the lane.
- Circle swim counter clock-wise or if there are two swimmers; each take a side of the lane.

McCoy Natatorium pool types:
- **I** = Instruction Pool
- **C** = Competition Pool
- **D** = Dive Well